

### Lesson 6 of 6

# Rhythm and Folk Dance

## EQUIPMENT

music; a variety of polka and Ukrainian » music player » projector » screen » video clip of Ukrainian dancing (available online) » wireless microphone (optional)

## Warm It Up

### STEP IT OUT!

Play a quick game of tornadoes: Call out a number that will represent the Fujita classification of the tornado; e.g., F-3. Students quickly create a group with the same number of people. Once in a group, students stand close together and start moving clockwise, making a noise similar to that of a tornado until the next number is called. The last number called should be 5. In groups of 5, instruct students to stand side by side, all facing the same direction. Ask students to perform the basic box step (refer to lesson 5), slowly at first and then to the beat of faster music; e.g., polka music. After one minute, ask students to not make a box step, but to perform the 1-2-3 step on the spot while standing tall with chest out, head up, hands on hips and stepping on the balls of the feet. Explain that this is the *Basic* step in Ukrainian dance. This step and rhythm are foundational to learning all other steps and sequences.

ABCD's of Physical Education



## RELATED RESOURCES

- Alberta Ukrainian Dance Association website, [www.abuda.ca](http://www.abuda.ca)



### Safety First!

2008 Safety Guidelines pages 19-20 .



## Activity

Basic Skills	
Application of Basic Skills	A4-8

## Clues that students are achieving the outcome...

“Students will select, perform and refine basic dance steps and patterns; e.g., creative, folk, line, sequence and novelty, alone and with others” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can improve their form and rhythm when dancing Ukrainian dance steps.
- Students can perform Ukrainian dance steps in a mini-routine.



## Whoop It Up

### SO YOU THINK YOU CAN UKRAINIAN DANCE?

Show a video clip of Ukrainian dance, or invite students or staff who Ukrainian dance to perform a short sequence to create interest and enthusiasm. Instruct students to stand shoulder to shoulder with their group members from the warm up activity, all groups facing the same direction. Play traditional Ukrainian dance music or polka music with a consistent 1-2-3 beat, and introduce the Ukrainian dance steps described below. Describe and demonstrate each step, allow sufficient time for practice, provide lots of individual feedback and have fun! Consider changing the position of student groups often.

**BASIC:** (review from warm up) Stand tall with hands on hips and step on balls of feet to the 1-2-3 beat, 8 or more times.

**STAMP-STEP:** A gentle stamping and kicking action with a pointed toe precedes the 1-2-3 Basic step. Stand tall, hands on hips and gently stamp right foot on the ground in front of the body, then extend leg with pointed toe in a kicking action followed by a smooth *Basic* step. Repeat using left foot. Allow time for practice then perform the *Basic* step 8 times followed by the *Stamp* step 8 times.

**KNEE KICK:** Bring right heel to just under the knee cap of the left foot then extend right leg with pointed toe until straight, followed by a smooth *Basic* step. Repeat on opposite side, leading with left leg. Continue alternating lead leg and repeat at least 8 times.

**PRESYDKA** (squatting kick step): The *Presydka* is typically only danced by males, but encourage all students to give it a try. Start by standing tall, hands on hips. Squat down, then kick and fully extend right leg at a 45 degree angle while rising up. Squat again and repeat on opposite side, kicking with the left leg. Repeat 8 times (four kicks with each leg) as quickly as possible. Typically, 8 *Presydka* steps are done in a row in 8 beats of the music.



### Safety First!

2008 Safety Guidelines page 49.



Activity

## Wrap It Up

### STRING IT TOGETHER

Ask students to work in groups of 2-4 and choreograph a mini-routine that utilizes the basic, stamp-kick, knee-kick and *presydka* steps. Each step should be danced at least 8 times before beginning a new step. Students could incorporate a basic step between each of the more difficult steps to increase their rate of success, or perform the steps while moving in sequence as a group for an added challenge. Divide the class in two groups and have half of the class watch while the other half performs their mini-routines, then switch roles. End with a thunderous round of applause!